[114] 276 For his part, Commander Cauvet, in describing Tuareg clothing, said that men kept their pipes and tobacco in the pocket of their big blouses.

Thus all these testimonies coming from such trustworthy travelers tried to make us believe that the Tuareg are pipe smokers. For our part, we have never seen any.

On the other hand, they are very fond of chewing tobacco, and their wives also practice this custom, so that they finally have a deformation of the lower lip caused by the craze they have of stowing the quid between the gum and lower lip.

[439] Tobacco is not cultivated in the Ahaggar; it is imported from the Touat by the Arabs. The Sudanese Tuareg get it from the sedentary peoples of the Niger or through caravaneers from Upper Dahomey. They generally add a few natron crystals to it to take away the acridity, or else the ashes of graminaceae which play the same role as natron.

177 276 Many Nigerian Tuareg have formed the habit of chewing kola nuts; this is a powerful stimulant which the Negroes use a good deal. A few Ihaggaren /239/ indulge in this practice when they go to the Sudan, but they have not introduced it into their everyday mores and never use kola when they are in their own country.

262 The Tuareg are subject to a rather large number of dietary interdicts. First, like Moslems, they may eat only meats from ritually butchered animals. They must abstain from eating the [273] meat of pigs and wart hogs and from drinking fermented drinks which are harīm. The meat of fowls--except the ostrich -- and fish is also forbidden and considered impure. But these are customs which go back before Islam. They also may not eat the [825] meat of the uran, because this lizard is considered to be the descendant of their maternal uncle.

262 /107 cont./ buy them. Rice is considered to be a remedy. In the way of preserved foods, one may see the Tuareg eat sardines in oil and jam and use canned milk. All of these foods are not accepted with enthusiasm; they are too expensive, [181] and the Tuareg seem to be truly conservative in food matters, as well as in the whole of their customs.

They drink water, milk, and tea, the latter being of 272 relatively recent importation but in the way of becoming a necessity. There is no need to mention again the ritual that surrounds the making and drinking of tea.

Coffee is scarcely drunk except with the French; when it [273] is taken in the tent, it is as a remedy. Need I say that the Tuareg drink no alcohol and that at the present time there is no exception ot this rule?

Public Health

It appears to be practically impossible to construct a 161 demographic table for the Ahaggar: figures for the years /108/ before 1947 are rare and suspect; they give an acceptable approximation but do not give an exact picture of population movements.

In this field one must then use figures from recent censuses and observations of the tribes that may be easily visited in trying prudently to project these observations to the whole of the population.

In 1948 the count was:	6, 048	nomads
	4, 240	harratin
	10, 288	
1949	6, 013	nomads
	4, 285	harratin
	10, 298	

The population figure for the Ahaggar seems to be fairly stationary (even if one does not rely exclusively on the figures